

Food Sources of Potassium

Potassium is important in the regulation of fluid balance in the body. It is also essential for cardiovascular health, muscular activity, efficient nerve transmission, and proper kidney and adrenal function. In fact, it is used in most bodily functions. Diuretics increase the excretion of potassium, disrupting the body's ratio of potassium to sodium, which is required for proper functioning of the processes mentioned above.

The RDA for potassium is 0.8 to 5.0 grams per day, depending on activity levels and fluid loss. It is not difficult to ingest adequate amounts of potassium from fruit and vegetable sources.

	Amount	Milligrams
Vegetables, cooked		
<i>(unless otherwise indicated)</i>		
Potato	1 medium	727
Tomato sauce	½ cup	525
Broccoli	1 cup	455
Squash, winter	½ cup	445
Sweet potato	1 medium	397
Cauliflower, raw	1 cup	378
Avocado, fresh	¼ whole	320
Artichoke	1 medium	316
Green beans	1 cup	300
Broccoli, raw	1 cup	286
Parsnips	½ cup	286
Spinach	1 cup	284
Pumpkin	½ cup	281
Asparagus	6 spears	280
Mushrooms	½ cup	277
Tomato, raw	1 medium	254
Eggplant	1 cup	238
Mushrooms, raw	½ cup	178
Cauliflower	1 cup	176
Mustard greens	½ cup	141
Celery, raw	1 stalk	114
Beans		
Lima, boiled	½ cup	365
Soy	½ cup	443
Pinto	½ cup	400
Great northern	½ cup	346
Kidney	½ cup	178
Fruits		
Cherries	1 cup	600
Raisins	¼ cup	545
Cantaloupe	1 cup	494
Banana	1 medium	451
Figs, dried	3 medium	400
Prune juice	½ cup	353
Nectarine	1 medium	288
Blackberries	1 cup	280
Kiwi fruit	1 medium	252

	Amount	Milligrams
Fruits (continued)		
Strawberries	1 cup	250
Orange	1 medium	250
Orange juice	½ cup	248
Apricots, dried	5 halves	241
Prunes	3 medium	190
Raspberries	1 cup	190
Watermelon	1 cup	186
Apple	1 medium	182
Peach	1 medium	171